

QIGONG

INTERNATIONAL RETREAT

AWAKEN
ENTIRE
HEALING
POWER

MASTER



WEI QI FENG



ZHÌNÉNG
QÌGŌNG
MÍNGJUÉ
GŌNGFU

混元靈通
2017 龍年

♥ 1st TIME IN

PORTUGAL
5th to 12th
SEPTEMBER



THE WORLD
CONSCIOUSNESS
COMMUNITY



Wei Qifeng - Daoheart

Wei Qifeng is a Chinese qigong teacher. His practice name is Daoheart, which means "heart merged with the Dao"..

He has been practicing ZhiNeng qigong for more than 30 years. His path has taken him to find the pure and simple essence of Daoism, Buddhism, all kinds of qigong, taiji and yoga in which he found the principles of the universe, life and consciousness.

He has been teaching these essential principles for more than 25 years and thousands of students have benefited from his teachings in about 40 countries.

To participate in this retreat means opening ourselves to an experience full of vitality, joy and healthy transformation. It means opening the heart to realise that the universe is changing instant to instant, that we are universe and that it is possible to choose the messages we give ourselves to improve our lives.

With no doubt, it is a unique opportunity to experience the power of the qi, consciousness and information field which smilingly shows us the magnitude of the experience of the Being.

WELCOME. THANK YOU FOR JOINING US

It is a great joy for us to tell you that teacher Wei has joined the Spanish and the Portuguese to create this retreat in Portugal. We love every kind of art, science and practice that boosts the liberation and development of the human consciousness. The experience that mostly glues us today is Zhineng Qigong Mingjue Gongfu, the science of qi, consciousness, health and wisdom. Sharing it with you is our humble contribution to make this world more beautiful.

WHEN: from September 5th to 12th 2024 - 7 days.

WHERE: on the beautiful land of Portugal

TEAM: teachers from Portugal and Spain, Deolinda, Helena, Nuno, Teresa, Yrmgard, AnYue.

LANGUAGE: the retreat will be in English with translation into Spanish.

WHO CAN ATTEND: everyone who is after good health, everyone who wishes to change his/her life, to live at ease, with joy and more freedom; no matter if you do body training of any kind or not.

For qigong, taiji and yoga practitioners, Daoist and Buddhist practitioners, Sufi, artists, Traditional Chinese Medicine practitioners, all kinds of therapists, for those who practice meditation, massage of any kind, and people who are interested in developing the superabilities of the consciousness.

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• MAIN CONTENTS

- Learn to mobilize inner qi and universe qi, experiencing it by yourself to improve your health and create harmony. (This is the essence of the Daoist Practice, of Qigong and Taiji).
- Learn to awaken your consciousness, to learn who you are and live more freely, being happy with yourself, feeling complete, in peace and joy. (This is the essence of the Buddhist practice)
- Learn to create a qi field, an information field and a consciousness field to transform and improve the energy and the information in yourself, in your family and the world. (This is the essence of the practice of Zhineng Qigong Mingjue Gongfu)

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FOR YOU, BEGINNER, THE PLEASURE TO DISCOVER YOURSELF

- The retreat mainly focus on improving health in a practical way by using some qigong methods which are easy to learn.
- You will experience with qi and mobilize it to open the qi space inside the body.
- In a natural easy way you will learn to merge your body qi with the universe qi.
- You will realise that it is possible to dissolve qi blockages and heal body problems purifying your inner qi.

-You will develop your ability to make your inner qi abundant and flow very well.

-You will learn key points and easy methods to improve your health.

-Physical and emotional blockages will not scare you any more. You'll observe them, transforming them, and you'll learn to clean them no matter the result.

-You will experience your True Self going through your attachments, and this will make you feel more free, in peace with yourself and more joyful.

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OR YOU, MINGJUE STUDENT OR TEACHER, THE PLEASURE TO GO DEEP

- Practice mingjue, the True Self, so that in that state you can go through the material and the inner world.



- **G**o through and break limitations and fixations of your reference framework.
- Experience acceptance, the creation, universal love and gratitude.
- Find and heal the roots of your illness.
- Transform emotional blockages.
- **O**pen your inner space, experiencing the deep completion of the universe, transform all qi blockages.
- **M**ake qi and blood flow very well.
- Practice mingjue healing through the information sent by your true self.
- **W**e'll practice healing in pairs, combining it with small group healing and big qi fields.

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Theory is practice, practice is theory.

BENEFITS FOR EVERYBODY

- Improve your health in a physical, emotional and mental way.
- Understand the principles of all kinds of practice in an easy way.
- Improve the consciousness level and experience the True Self to be more free, more joyful and live in peace.
- To make qi more abundant and flow better, so that the body becomes stronger and more flexible.
- Becoming aware, practicing cohabitation and the field, our family relationships will become more harmonious.



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TIMETABLE

Day 1 - Thursday 5

- 15:00 Welcome meeting
 - 17:00 Opening/ Practice
 - 20:00 Dinner
 - 21:30 Practice
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Following Days

- 7:00 Practice
- 8:30 Breakfast
- 10:00 Theory /practice
- 13:00 Lunch
- 16:00 Practice/ Theory
- 20:00 Dinner
- 21:30 Practice

Closing -Thursdays 12

- 7:00 Practice
 - 8:30 Breakfast
 - 10.00 Practice and closing
 - 13:00 Lunch
-

- 11:00 Check Out

Every day there will be some time devoted to play games, dance, music, songs, mantras, and practice in nature if the weather is benign.

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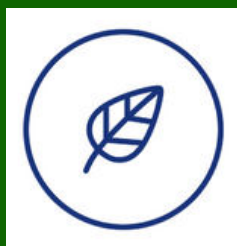


ABOUT FOOD

Food is a very important part of any retreat. We assure you that the buffet service is really lovely. The gastronomic offer is simple, seasonable and above all, tended by a homemade cuisine. Everything is prepared in the kitchen itself to avoid the use of artificial preservatives and traces of food that may cause intolerances.



vegetarian



vegan



gluten free



lactose free

The kitchen team will prepare the menu adapted to the group, considering those who need special care regarding food intolerance.



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TORRE D'AGUILHA MONASTERY

It is located in the center of a wonderful triangle of cultural and tourist interest close to the jewels of Portugal: the dream palaces of Sintra - just 14 kilometers away -, located in lush landscapes, the historical charm of Lisbon - 20 kilometers away -, with monuments such as the Belém Tower, and the coast of Cascais -12 kilometers away-. And if you want to take a dip at sunset at the end of a retreat day, the long beach of Carcavelos is closer, just 5 kilometers from the monastery. The monastery is located in an 11-hectare site which has been turned into a hotel. The **Classic Wing** is characterized by its cozy rooms with traditional decoration, located in the oldest part of the reception center. The rooms are equipped with free WiFi Internet, television, central heating and private bathroom.

The **Modern Wing** has rooms decorated with modern lines without ever forgetting the traditional roots of the Seminary. They are equipped with free WiFi, television, private bathroom and air conditioning.



Seminário Torre D'Aguilha
Quinta Torre d'Aguilha
2785-599 São Domingos de Rana



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INVESTMENT PER PERSON

TUITION FEE FOR 7 DAYS

Booking before May 8th (**early bird**) : 512€. Later the cost is 572€.

Early bird yearly course Mingjue student : 490€ . Afterwards, 550€.

Those who are not staying at the hotel pay an extra 78€ for organization expenses.

To participate fewer days, please consult your organizer.

LODGING IN THE CLASSICAL WING

- Full board double room/p. - 378€
- Full board single room - 448€

INVESTMENT (TEACHING AND FULL BOARD)

- Double room/person - 950€
- Double room /person, before 8th May - 890€
- Single room - 1020€
- Single before 8th May - 960€

INVESTMENT STUDENT (MINGJUE YEARLY COURSE)

- Double room/person - 928€
- Double room/person, before 8th May - 868€
- Single room - 998€
- Single room before 8th May - 938€

LODGING IN THE MODERN WING

- Full board double room /p. 427€
- Full board single room - 497€

INVESTMENT (TEACHING AND FULL BOARD)

- Double room/person - 999€
- Double/person, before 8th May - 939€
- Single room - 1069€
- Single before 8th May - 987€

INVESTMENT STUDENT (MINGJUE YEARLY COURSE)

- Double room 977€
- Double room before 8th May 917€
- Single room - 1047€
- Single before 8th May - 987€

FULL BOARD INCLUDED

-breakfast, lunch, dinner and Coffe break

NOT INCLUDED

- minibar or transfers

Close to the beginning of the event, a cibergroup will be created to facilitate the communication concerning travelling and arrival.

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HOW TO RESERVE YOUR PLACE

- Fill in this form



- You'll receive a confirmation e-mail and afterwards direct instructions (bank account details) on how to pay the amount of 170€ to reserve your place. Before 8th May there'll be an early bird opportunity for those who pay full amount.
- Reservation includes lodging and full board.
- Reservation will be confirmed upon proof of payment.
- Tuiton fees will be delivered in cash upon arrival on spot.
- Should you have any doubts, please contact the organizer of your choice by WhatsApp .

CANCELLATION POLICY FOR HOTEL SEMINÁRIO DA TORRE AGUILHA

- Should you cancel 30 days before the event (starting day included) you are entitled to a 50% refund of the amount already paid.
- Should you cancel 15 days before the event (starting day included) you are entitled to 25% refund of the amount already paid.
- Should you cancel or modify your reservation with less than 15 days of the event (starting day included), no refunds are issued.
- In case of refunds, they will be made the same as payment method.

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WEI QI FENG

ORGANISERS AND PARTNERS :



Helena
Portugal
Teacher



AnYue
Spain-Uruguay
Teacher



Ling Ming -Nuno-
Portugal
Teacher



Teresa
Spain
Teacher



Deolinda
Portugal
Teacher



Isabel
Spain
Teacher



José Luis
Spain
Teacher



Piki-Yrmgard
Spain-Venezuela
Teacher



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MÍNGJUÉ
GŌNGFU

混元靈通
2017 8.5-12

Participating in this meeting means opening our hearts, celebrating life and the road travelled, accepting the challenge to go through any limiting beliefs.

Together we all make this retreat possible.
International Healing Qigong Retreat
a turning point for our life experience.

Thank you for joining us.

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